

THE NAVAJO NATION



JONATHAN NEZ | **PRESIDENT** MYRON LIZER | **VICE PRESIDENT**

Navajo Department of Health Health Advisory Notice (HAN) COVID-19 Community Advisory No. 04 —Safety Precautions

WINDOW ROCK, AZ – The Navajo Health Command Operations Center is issuing uncontrolled spread of COVID-19 advisory for several communities. The cases reflect dates from November 6, 2020 to November 19, 2020. The advisory will be in effect until the risk and cases decline.

The following communities are identified as uncontrolled spread of COVID-19:

Alamo	Kaibeto	Shonto*
Aneth*	Kayenta	Smith Lake
Baca/Prewitt	Lechee*	St. Michaels
Bird Springs	Leupp	Standing Rock*
Bodaway/Gap	Low Mountain*	Tachee/Blue Gap*
Bread Springs	Lukachukai*	Teec Nos Pos
Cameron	Lupton	Teesto*
Casamero Lake	Many Farms	Thoreau
Chichiltah	Nahatadziil	Tohajiilee
Chilchinbeto	Naschitti	Tohatchi
Chinle	Oak Springs*	Tolani Lake*
Churchrock	Pinedale	Tonalea
Coyote Canyon	Pinon	Tsaile/Wheatfields*
Crownpoint	Pueblo Pintado	Tsayatoh
Dilkon	Rock Point	Tselani/Cottonwood
Fort Defiance	Rock Springs	Tuba City
Ganado	Rough Rock*	Twin Lakes
Houck	Round Rock	Upper Fruitland
Indian Wells	Sanostee	Whippoorwill
Iyanbito	Sheepsprings	White Cone
Jeddito*	Shiprock	

* Chapters added in the new 14-day period (compared to the previous 14-day period Oct. 23 to Nov. 5)

All residents should take precautions to protect their health from the spread of COVID-19. Individuals with the following conditions are at higher risk of being affected from COVID-19.

People at Increased Risk for Severe Illness

- Older Adults
- Cancer
- Chronic kidney disease

Might be at Increased Risk for Severe Illness

- Asthma
- Cerebrovascular disease
- Cystic fibrosis

- Chronic obstructive pulmonary disease
- Heart conditions
- Immunocompromised state
- Obesity and severe obesity
- Pregnancy
- Sickle cell disease
- Smoking
- Type 2 diabetes mellitus
- Hypertension or high blood pressure
- Immunocompromised state
- Neurologic conditions, such as dementia
- Liver disease
- Overweight
- Pulmonary fibrosis
- Thalassemia
- Type 1 diabetes mellitus

All residents should practice health and safety measures:

- Wear a mask in the public.
- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Clean and disinfect frequently touched surfaces daily.
- Avoid touching your face, nose, and eyes with unwashed hands.
- Clean and disinfect your vehicle, home, workspace and other common areas on a regular basis.
- Social distance - keep 6 feet between yourself and others.
- Limit gatherings with individuals outside your immediate household.

For more information, including helpful prevention tips, and resources to help stop the spread of COVID-19, visit the Navajo Department of Health's COVID-19 website:

<http://www.ndoh.navajo-nsn.gov/COVID-19> . For COVID-19 related questions and information, call (928) 871-7014.